

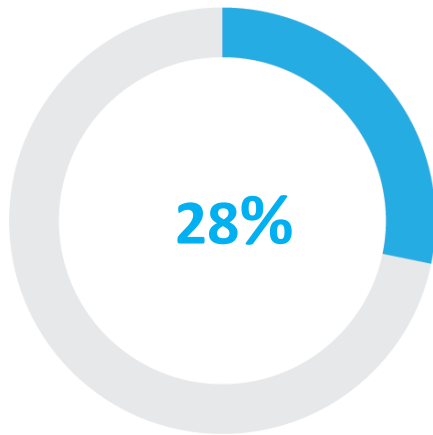
# BEHAVIORAL HEALTH REDESIGN UPDATE

MAY 22, 2019

# Why Redesign? Why Now?



**Medicaid is the largest payer of behavioral health services in Virginia**



**of Medicaid members had either a primary or secondary behavioral health diagnoses**

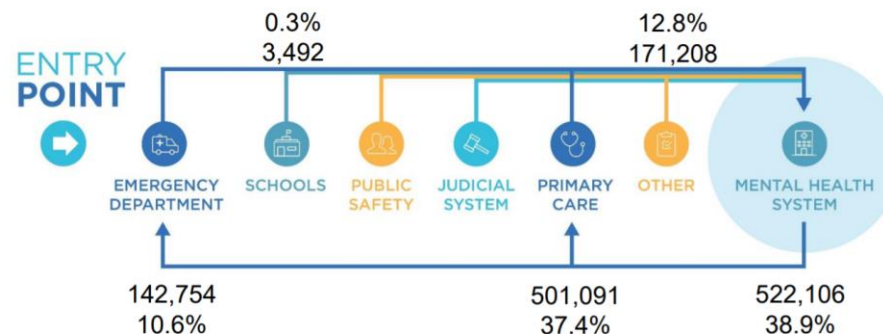


([mentalhealthamerica.net](http://mentalhealthamerica.net))

# The Vision for Redesign

*Develop an evidence-based, trauma-informed, cost-effective continuum of care*

- Keep Virginians well and thriving in their communities
- Improve behavioral health services and outcomes for members in current and expansion populations
- Meet people's needs in environments where they already seek support such as schools and physical health care settings
- ***Invest in prevention and early intervention services that promote resiliency and buffer against the effects of adverse childhood experiences***



# STEP VA: A Foundation for Redesign

*STEP-VA has paved the way forward in creating a path for BH system change in the 21<sup>st</sup> century.*

Implementation

Innovation

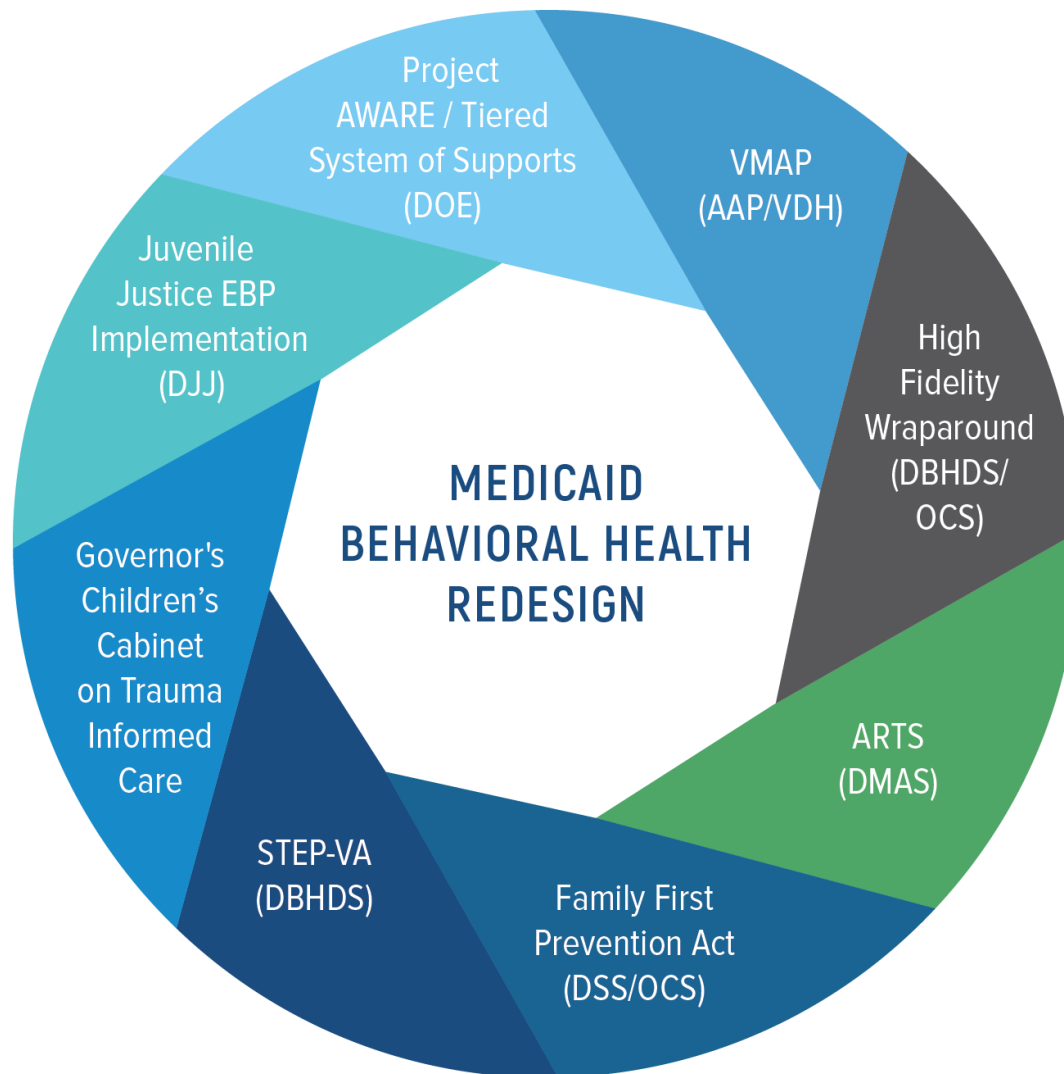
Sustainability



*Redesign of the Medicaid-funded system supports long term sustainability*

Strong Public Behavioral Health System

# Alignment & Momentum for Redesign



# Current Medicaid-funded Behavioral Health Services

Prevention

Recovery

Outpatient

Community Mental Health  
Rehabilitation Services

Inpatient / Residential

Early intervention Part C • Screening • EPSDT services

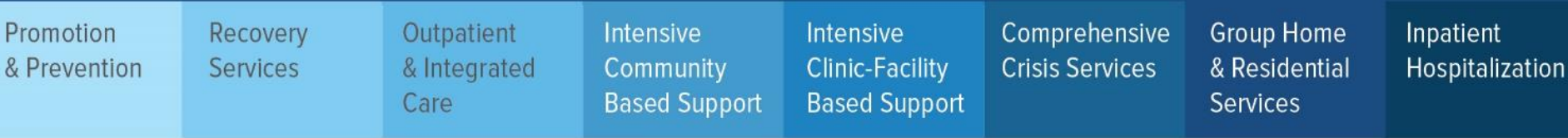
Peer and family support partners

Outpatient psychotherapy • Psychiatric medical services

Therapeutic day treatment  
Mental health skill building services  
Intensive in-home services  
Crisis intervention & stabilization  
Behavioral therapy  
Psychosocial rehabilitation  
Partial hospitalization / Day treatment  
Mental health case management  
Treatment foster care case management  
Intensive community treatment

Inpatient hospitalization  
Psychiatric residential treatment  
Therapeutic group home

# Continuum of Behavioral Health Services Across the Life Span



Behavioral Therapy Supports >>>> <<<< Case Management\* >>>> <<<< Recovery & Rehabilitation Support Services\*

Home visitation • Comprehensive family programs • Early childhood education  
Screening & assessment\* • Early intervention Part C

Permanent supportive housing • Supported employment • Psychosocial rehabilitation\*  
Peer and family support services\* • Independent living and recovery/resiliency services

Outpatient psychotherapy\* • Tiered school-based behavioral health services  
Integrated physical & behavioral health\* • Psychiatric medical services\*

Intermediate/ancillary home-based services • Multisystemic therapy • Functional family therapy  
High fidelity wraparound • Intensive community treatment • Assertive community treatment





Intensive outpatient programs • Partial hospitalization programs

Mobile crisis\* • Crisis intervention\*  
Crisis stabilization\* • Peer crisis support\*

Therapeutic group homes  
Psychiatric residential treatment

Psychiatric inpatient hospitalization

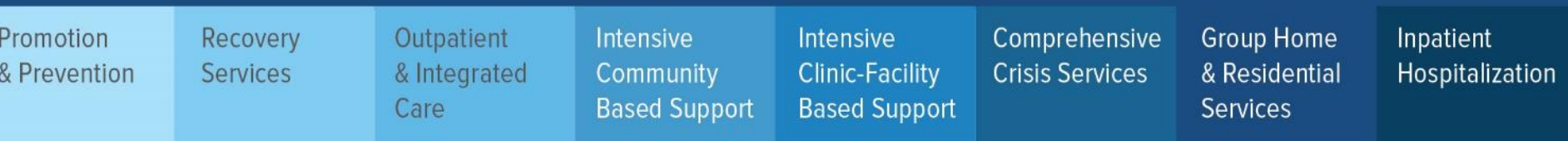
## INTEGRATED PRINCIPLES/MODALITIES

-  Trauma informed care
-  Universal prevention / early intervention
-  Seamless care transitions
-  Telemental health

\*Key STEP-VA service alignment



# Continuum of Behavioral Health Services Across the Life Span



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Intensive outpatient programs • Partial hospitalization programs

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Therapeutic group homes  
Psychiatric residential treatment

Psychiatric inpatient hospitalization

**Phase 1**

## INTEGRATED PRINCIPLES/MODALITIES



Trauma informed care



Universal prevention / early intervention



Seamless care transitions



Telemental health

\*Key STEP-VA service alignment



# Child & Adolescent Continuum of Behavioral Health Services



Behavioral Therapy Supports



Case Management



Recovery & Rehabilitation Support Services

Home visitation • Comprehensive family programs • Early childhood education  
Screening & assessment • Early intervention Part C

Peer and family support services

Outpatient psychotherapy • Tiered school-based behavioral health  
Integrated physical & behavioral health • Psychiatric medical services

Intermediate/Ancillary home-based service • Multisystemic therapy  
Functional family therapy • High fidelity wraparound • *Therapeutic foster care*

Intensive outpatient programs • Partial hospitalization programs

Mobile crisis services • Crisis intervention  
Crisis stabilization

Therapeutic group homes  
Psychiatric residential treatment

Psychiatric  
inpatient  
hospitalization

## INTEGRATED PRINCIPLES/MODALITIES



Trauma informed care



Universal prevention / early intervention



Seamless care transitions



Telemental health

# Child & Adolescent Continuum of Behavioral Health Services

|                         |                      |                                    |   |   |                           |   |                              |
|-------------------------|----------------------|------------------------------------|---|---|---------------------------|---|------------------------------|
| Promotion<br>Prevention | Recovery<br>Services | Outpatient<br>& Integrated<br>Care | Intensive<br>Community<br>Based Support | Intensive<br>Clinic-Facility<br>Based Support | Tiered Crisis<br>Services | Group Home<br>& Residential<br>Services | Inpatient<br>Hospitalization |
|-------------------------|----------------------|------------------------------------|---|---|---------------------------|---|------------------------------|

Behavioral Therapy Supports

>>>> <<<<

Case Management

>>>> <<<<

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hospitalization

Phase

1

## INTEGRATED PRINCIPLES/MODALITIES



Trauma informed care



Universal prevention / early intervention



Seamless care transitions



Telemental health

# Redesigned Behavioral Health Continuum



*These services are emphasized for delivery across all levels of care to promote integrated the principles of trauma informed care, Universal Prevention / Early Intervention and Seamless Care Transitions.*

# Changes in New Continuum



## Key Overall Changes

- Outpatient behavioral health services will be more robust and integrated into schools and primary care
- Community Mental Health and Rehabilitation Services will become Intensive Community-Based Supports that are tiered based on the intensity of an individual's needs and include evidence-based best practices
- Medicaid will fully fund comprehensive crisis services
- System will focus on trauma-informed care
- System will promote telemental health across levels of care

# Changes in New Continuum

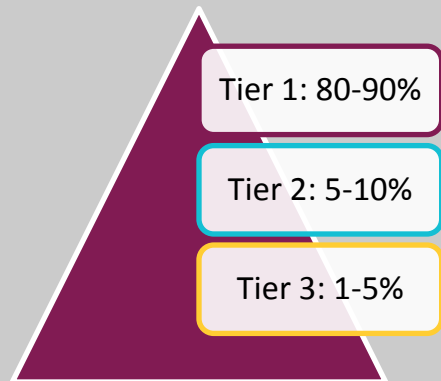
## Key Changes to Specific Services

- Therapeutic Day Treatment will become Tiered School-Based Behavioral Health Services - Medicaid will fund and support licensed mental health clinicians in schools
- Mental Health Skill Building will be redesigned into a targeted Independent Living and Recovery service with evidence-based practices for a focused number of people with SMI
- Community Based services will include intermediate level of support and Assertive Community Treatment (PACT) teams to provide intensive supports
- New Partial Hospitalization and Intensive Outpatient Programs will provide alternatives to TDOs and inpatient hospitalization
- ***1115 IMD Waiver would fund new residential options for adults that are alternatives to TDOs and inpatient hospitalization***



# School-Based Behavioral Health

## Multi-Tiered System of Supports (MTSS)



### Project AWARE schools in Virginia have seen:

- increase in students served by school-based mental health professionals
- increase in # students referred to community-based behavioral health services actually receiving services
- decreases in office discipline referrals, in-school suspensions, and out of school suspensions

## Recommended Service Model

Expand Medicaid funding for all school-based behavioral health services.

Remove requirement that the service be in IEP to be reimbursed by Medicaid.

Request State General Funds as matching funds instead of requiring localities to pay 55% of the costs,

Add coverage for 3 tiers of the Virginia Tiered System, add Applied Behavior Analysis services and leverage telehealth.

Offer extended therapeutic afterschool programs to youth who need more intensive interventions



## CURRENT SERVICES

## REDESIGNED SERVICES

\*services across all levels

### Prevention

- Early Intervention/Part C
- Screening
- EPSDT

### Universal Prevention/ Early Intervention

- Early Intervention Part C
- EPSDT Services
- Screening Across Lifespan
- 0-5 Services/Home Visiting
- Comprehensive Family Programs
- Early Education

### Recovery

- Peer and Family Support Partners

### Recovery & Rehabilitation Support Services

- Independent Living and Recovery Services
- Peer & Family Support Services
- Psychosocial Rehabilitation (EBPs)
- Permanent Supporting Housing
- Supported Employment

### Outpatient

- Outpatient Psychotherapy
- Psychiatric Medical Services

### Outpatient Services

- Outpatient Psychotherapy
- Psychiatric Medical Services
- Integrated Physical and Behavioral Health
- Tiered School-based Behavioral Health Services

### Community Mental Health & Rehabilitation Services

- Therapeutic Day Treatment
- Mental Health Skill Building Services
- Psychosocial Rehabilitation
- Intensive In-home Services
- Partial Hospitalization/Day Treatment
- Mental Health Case Management\*
- Treatment Foster Care Case Management\*
- Behavioral Therapy\*
- Intensive Community Treatment
- Crisis Intervention & Stabilization

### Intensive Community-Based Support

- Intermediate/Ancillary Home-Based Services
- MST, FFT, High Fidelity Wraparound
- Intensive Community Treatment
- Assertive Community Treatment

### Intensive Clinic/Facility Based

- Intensive Outpatient Programs
- Partial Hospitalization Programs

### Comprehensive Crisis

- Mobile Crisis, Peer Crisis Support
- Crisis Intervention
- Crisis Stabilization

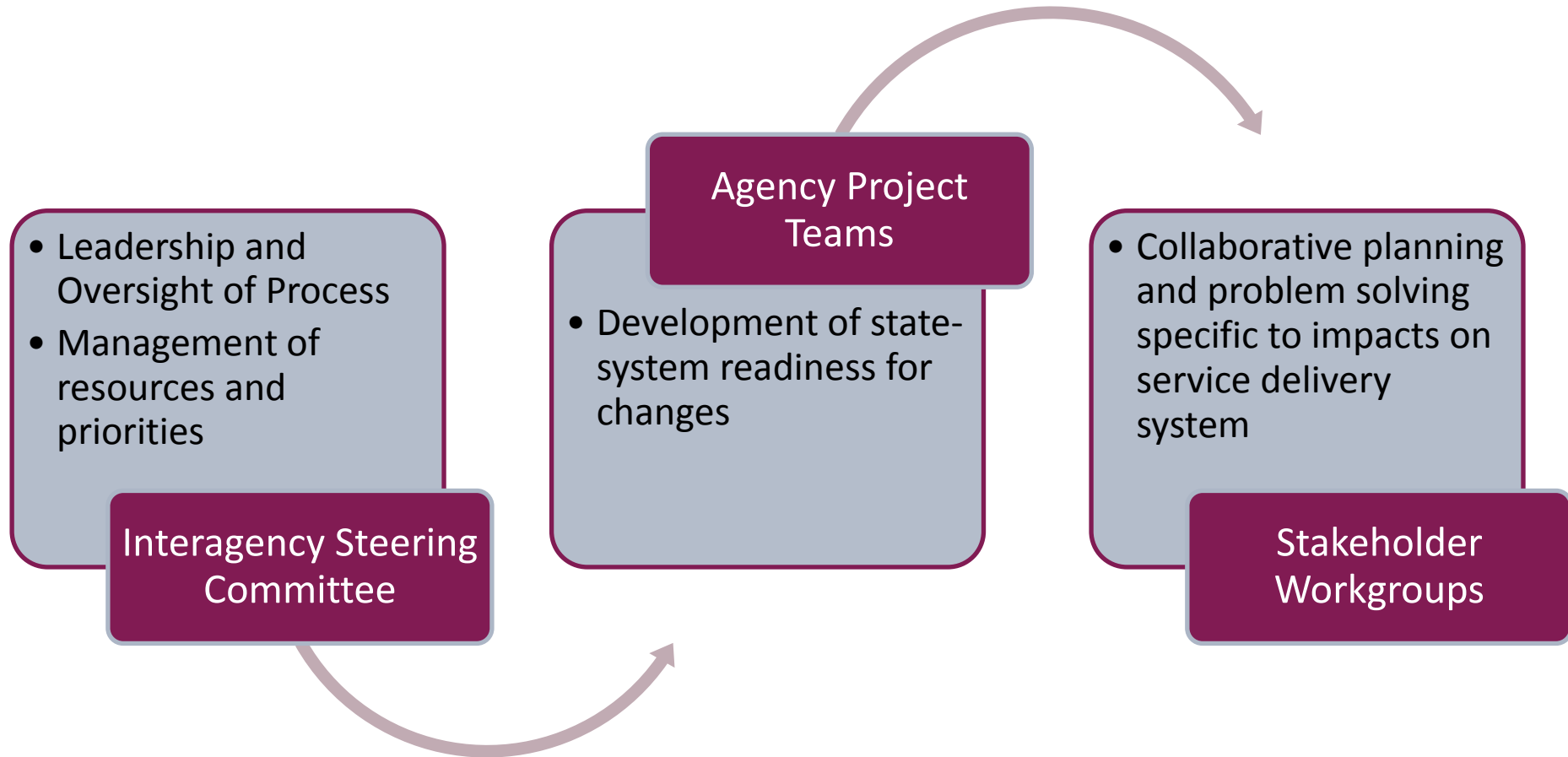
### Residential/Inpatient

- Therapeutic Group Home
- Psychiatric Residential Treatment Facilities
- Inpatient Psychiatric Treatment

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# Implementation Planning

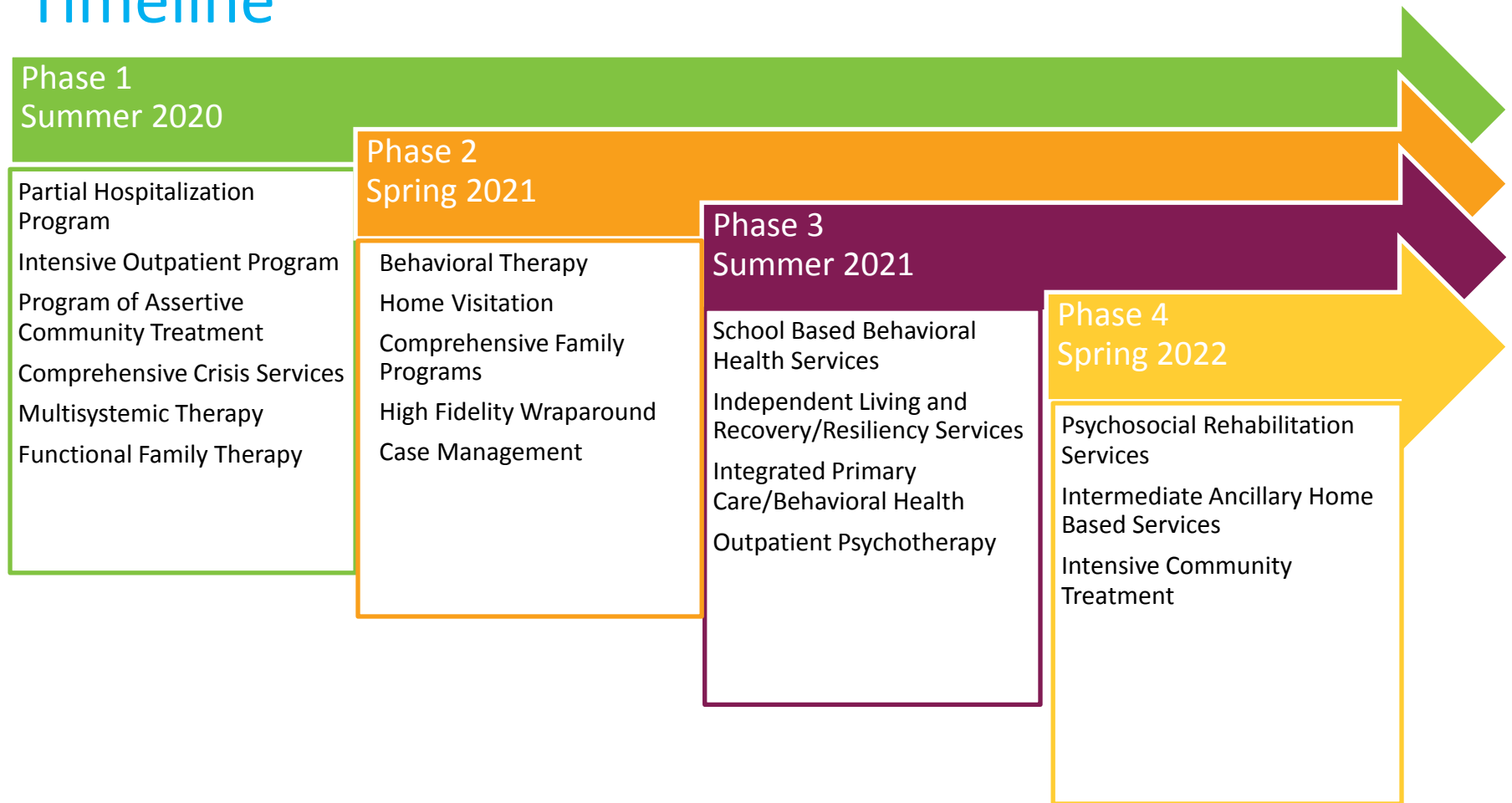


# Recent Developments and Actions

- Stakeholder Implementation Workgroup Survey
  - Brief Results
- Presentations to Stakeholder Groups
- Initiative Alignment Efforts
- Data gathering on service definitions, provider qualifications and training involved in Phase 1 Services
- Rate Study and Fiscal Impact Analysis
- Interagency Project Teams

# Proposed Phased Implementation

## Timeline



# Phase 1 – Summer 2020

- High intensity services for both adult and child
- Services that have an short/medium term impact on the State Psychiatric Facilities census
- Considers services with existing framework that can be expanded in scope, workforce, or contribute to sustainability. For example:
  - PHP and IOP network and rates may model ARTS
  - PACT is not available state-wide and not fully covered by DMAS
  - MST and FFT providers:
    - Have been trained however only accessible for DJJ / CSA referral
    - Have been identified by the FFPSA team as an EBP
  - Considers including services that align with STEP-VA initiatives (outpatient, crisis services)

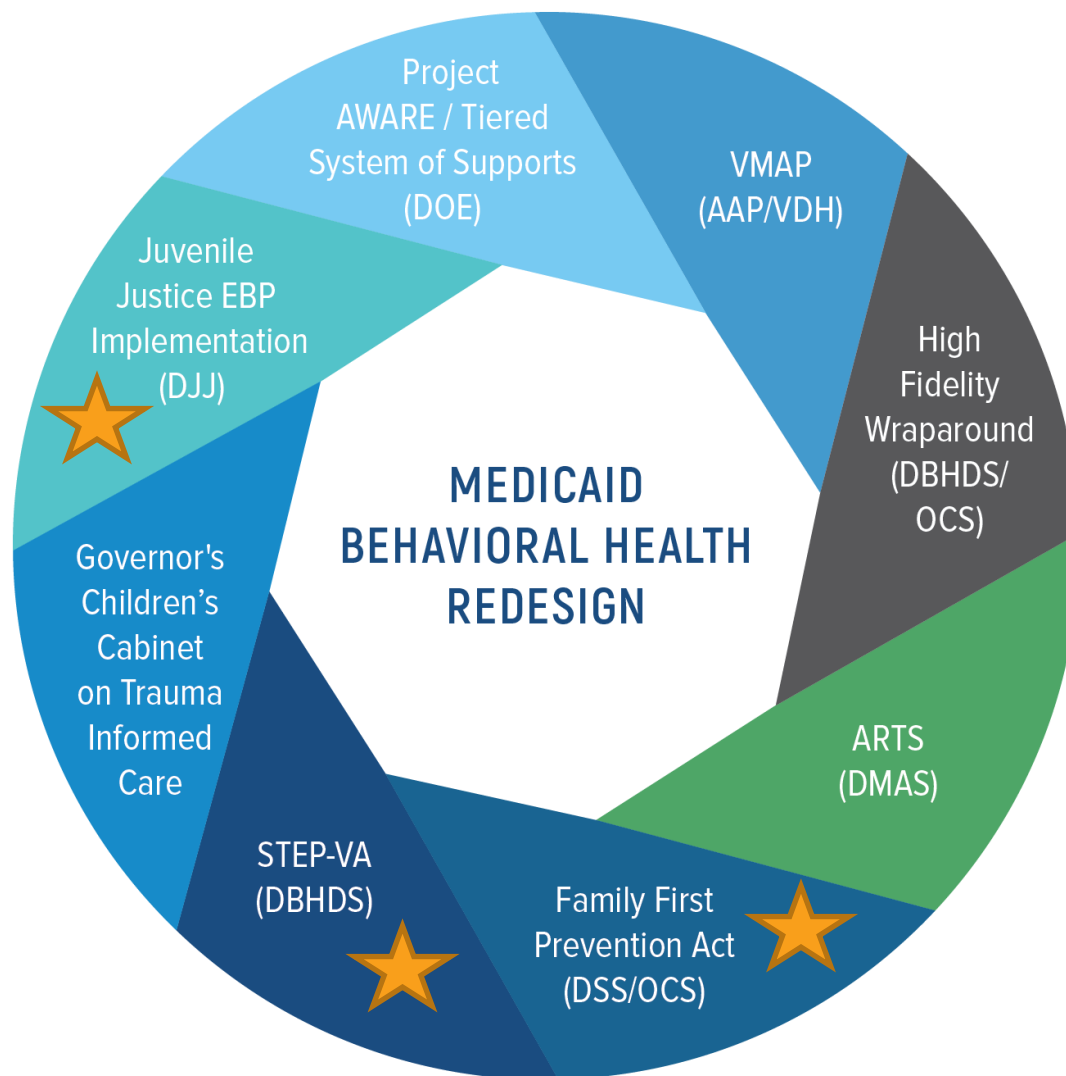
Partial Hospitalization Program

Intensive Outpatient Program

Program of Assertive Community Treatment  
Comprehensive Crisis Services

Multisystemic Therapy  
Functional Family Therapy

# Youth-Focused Service System Alignment





# The Future for the Commonwealth:

## *A comprehensive spectrum of behavioral health services*

- Bring the Commonwealth into the Top 10 in national rankings for behavioral health outcomes
- Shift from working with a reactive, crisis-driven, high-cost system reliant on intensive services to one that is proactive/preventive, cost-efficient, and focused on providing services in the least restrictive environments
- Build upon existing statewide behavioral health transformative initiatives and create sustainability and expansion for evidence based services
- Integration of trauma-informed care principles across the continuum to empower individuals to build resiliency and overcome the impact of adverse experiences so that they can lead meaningful, productive lives in our communities
- Build a robust children's behavioral health system to address prevention and early intervention of mental health problems to allow each child the chance to reach their full developmental potential